

Living Your Values in Daily Decisions

PREVIEW COPY

[GET YOUR COPY OF THE LIVING YOUR VALUES GUIDE HERE](#)

Introduction.....	3
Chapter 1: Common Decision Traps	5
• Exercises: Spot the Traps, The Pause Question	
• Printable: Decision Trap Checklist	
Chapter 2: Everyday Scenarios.....	9
• Exercises: Scenario Practice, On-the-Spot Script	
• Printable: Everyday Scenarios Worksheet	
Chapter 3: Scripts for Yes & No.....	14
• Exercises: Rewrite a Recent Response, Create Your Script Bank	
• Printable: My Yes/No Scripts Worksheet	
Chapter 4: The 7-Day Challenge.....	18
• Exercises: Daily Journal Prompt, Alignment Scale	
• Printable: 7-Day Decision Challenge Tracker	
Closing: Your Decisions Are Where Your Values Live or Die.....	23

Introduction: Why Living Your Values Is Harder Than Defining Them

Defining your values is powerful work. Once you have identified the principles that matter most to you, it feels like you have finally found a compass and you are clear on what matters. Yet when life gets noisy, when people are asking things of you, when opportunities or conflicts land in your lap, that compass is often forgotten. That's because ***living your values is harder than defining them.***

Why This Happens

1. Urgency beats importance.

In a world that rewards speed, the loudest demand usually wins. You know rest matters, but the urgent email grabs your attention first.

2. Peacekeeping over peace of mind.

Many of us were raised to avoid conflict, to be agreeable, to keep the peace. That means we sometimes sacrifice our values to avoid disappointing others.

3. External expectations.

Cultural scripts, workplace norms, and family pressures all whisper: *be responsible, be available, do what looks good.* Those whispers can drown out your inner compass. The result? You end up saying yes when you mean no. You push your needs aside. You make choices that feel fine in the moment but leave you restless, resentful, or out of alignment later.

The gap between *knowing your values* and *living them* shows up in these everyday choices.

Why This Guide Exists

This mini-guide is here to help you close that gap. It's not about long reflection exercises (those are available in the Values Toolkit). It's about practical, real-life application.

Inside, you will learn how to:

- Spot the common decision traps that pull you away from your values.
- Apply your values to everyday situations at work, in relationships, and with your time.
- Use ready-to-go scripts to say no without guilt, and yes without hesitation.
- Run a 7-day challenge to practice living your values in daily decisions with a tracker to keep you honest.

Think of this as your **field guide**: shorter, sharper, scenario-based. Something you can return to whenever you feel yourself drifting, unsure, or pressured into choices that don't sit right.

A Final Thought Before You Begin

Your values are not just words on a page. They are meant to show up in your decisions big and small. Every yes and no, every boundary, every commitment is a chance to either honor them or ignore them.

This guide is your practice ground, because your life is not defined by the values you *write down*. It's defined by the values you **act upon**.

Chapter 1: Common Decision Traps

Why Decisions Feel Harder Than They Should

Most of us make dozens of decisions every day. Some feel small like what to eat for lunch, whether to reply to a message now or later. Others feel bigger like whether to take on a new project, commit to a relationship, or say yes to an invitation.

And yet, even when you know your values, decisions often feel heavier than they should. That's because in the moment, you are not just weighing facts. You are battling hidden traps: urgency, peacekeeping, and external expectations.

When these traps pull you in, your values get drowned out. You end up saying yes when you meant no, holding back when you wanted to speak up, or rationalizing choices that don't sit right. Let's name the traps clearly, so you can spot them before they quietly steer you off course.

Trap 1: Urgency vs. Importance

Urgent things shout. Important things whisper.

A deadline, a phone notification, a last-minute request – these demand immediate attention. They feel impossible to ignore. But often, the urgent is not the same as the important.

Your value of *health* says: take a walk after lunch. The urgent ping of an email says: answer me now. Which wins? Usually the urgent request does unless you filter through your values.

Example:

Emma values *family*. She promised her daughter she would be home for dinner. But a last-minute request from her boss keeps her late. The urgent feels unavoidable, but the important – being present at dinner – is what truly matters.

How to Spot It: If you constantly feel busy but not fulfilled, you may be prioritizing urgency over importance.

Trap 2: Peacekeeping vs. Peace of Mind

Many women are taught early: don't rock the boat. Be agreeable. Keep others comfortable. The problem? Peacekeeping for others often comes at the cost of your own peace of mind.

Example:

Sophia values *honesty*. In a meeting, she disagrees with a colleague's idea but stays silent to avoid conflict. She "keeps the peace" but leaves the meeting unsettled, frustrated, and out of alignment with her values.

How to Spot It: If you leave conversations replaying what you *should have said*, you may be choosing external peace over internal peace.

Trap 3: External Expectations vs. Inner Compass

Cultural scripts, family rules, and workplace norms can shape our decisions more than we realize. Sometimes we follow them out of habit. Sometimes out of fear of judgment.

Example:

Leah values *freedom*. She dreams of starting her own small business, but her family

praises stability and steady paychecks. When she stays in a job that crushes her energy, she's honoring inherited expectations instead of her chosen value.

How to Spot It: If a decision feels "good on paper" but heavy in your gut, you may be following an expectation that isn't yours.

Exercise 1A — Spot the Traps

Think of one recent decision. Write it down. Then ask:

1. Did urgency steer me? (Did I choose the loudest demand over what mattered most?)
2. Did peacekeeping steer me? (Did I silence myself to keep others happy?)
3. Did expectations steer me? (Did I choose what others approve of instead of what feels aligned?)

Exercise 1B — The Pause Question

Before your next decision, pause and ask:

- *Is this choice aligned with my values, or am I reacting to a trap?*

Sometimes even naming the trap out loud, e.g. *"I'm about to say yes just to keep the peace"* is enough to stop it.

 **[Choose the Living Your Values In Daily Decisions Guide](#)**

The Mini-Guide That Turns Your Values Into Real-World Action

ALSO AVAILABLE...

Define & Live Your Values Bundle

[Get access to the complete bundle here](#)

Your complete foundation for living aligned, intentional, and confident.

Inside this bundle you will find three powerful tools that build on each other, from discovering your values to practicing them daily, and finally anchoring them in a personal mission statement.

1. The Values Finder Toolkit

What it does: Helps you discover and define your true values, then begin to live by them.

What's inside:

- Peak & Pit exercises to reveal what really matters.
- Everyday clues and narrowing tools to identify your 3–5 core values.
- Reflection prompts and printables, including decision filters and a 7-day experiment.

The shift you'll feel: From “I don't know what my values are” → to “I have a clear compass I can use every day.”

Why it matters: This is the foundation. You'll go from fuzzy and abstract to clear and defined.

2. Living Your Values in Daily Decisions (Mini-Guide)

What it does: Moves you from clarity into real-world practice. This is about using your values in the moment of choice.

What's inside:

- Common decision traps (urgency, peacekeeping, external expectations) and how to avoid them.
- Everyday scenarios with guided examples for work, relationships, and time.
- Scripts for saying yes and no without guilt.
- A 7-day decision challenge to put everything into practice.

The shift you'll feel: From "I know my values" → to "I can confidently use them to make decisions at work, in relationships, and with my time."

Why it matters: This is the practical companion. It helps you apply your values when life gets noisy and pressure is high.

3. Design Your Personal Mission Statement (Workbook)

What it does: Anchors your values into one guiding line — your personal north star.

What's inside:

- Step-by-step guidance for drafting a mission statement.
- Four style options (role-based, story-driven, principle-centered, metaphor-based).

- Prompts for testing, refining, and simplifying until it feels natural.
- A one-page Mission Map you can pin, save, or carry with you.

The shift you'll feel: From "I live my values day-to-day" → to "I have a clear mission that keeps me focused when life gets noisy."

Why it matters: This is the capstone. It ties together clarity (Toolkit) and practice (Mini-Guide) into a single statement of purpose you can return to again and again.

Why These Three Belong Together

On their own, each tool is valuable. But together, they form a complete system:

- **Toolkit = clarity** (discover and define)
- **Mini-Guide = practice** (apply and act)
- **Mission Statement = anchor** (direct and sustain)

With this bundle, you won't just *know* your values you'll live them with clarity, confidence, and direction.

 **[Choose the Define & Live Your Values Bundle today.](#)**

Step into MORE: clarity in your choices, confidence in your voice, and direction that feels truly yours.